

COUNSELING
CENTERS
FOR
ALCOHOLISM

PENNSYLVANIA
DOCUMENTS

STATE LIBRARY
SECTION



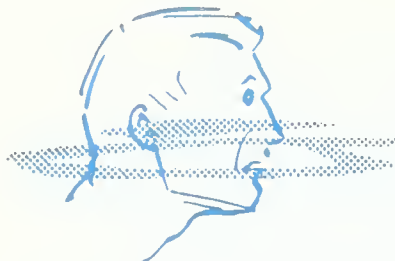
offer help

To

1. Individuals suffering from alcoholism.
2. The family and friends of afflicted individuals.
3. Civic-minded individuals.

by helping

1. The alcoholic recover from alcoholism.
2. Members of the victim's family and his friends understand the nature of the disease, and find ways in which they can help him recover.
3. Lay and professional leaders to become acquainted with the available resources, facilities and material for combatting alcoholism.



For you — — —

You probably hate yourself for succumbing to the effects of alcoholic beverages. Why can't you stop drinking? You don't like the idea of having to depend upon it. You really want to stop drinking. You have tried to stop on many occasions, but failed each time. Not because you didn't want to stop, nor because you didn't try, but because drinking for you is apparently a must. You are sick --suffering from alcoholism.

Chances are, if you do muster enough strength to stop, it will be only temporary unless you correct the underlying factors that either made you an alcoholic or resulted from your uncontrolled drinking. You need expert help from physicians and many other qualified and understanding people.

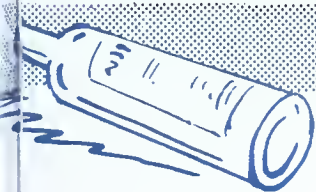
Twenty years ago, society had very

with drinking problems



little to offer you, in either medical assistance or understanding and sympathy. But today chances of your receiving adequate help is brighter than ever. Each day hundreds of alcoholics, many of whom were much worse than you, are returning to normal living without alcohol. You can also return the same way.

There are several things that you can do to get well. The more important are: first, recognize and admit that you are an alcoholic and can not drink alcohol; second, take the initiative and plan to stop drinking in order to correct the physical, mental, and social deteriorations; and third, carry out those plans through action by seeking help from those individuals whose experiences and qualifications enable them to help you.



For you..family or friend of an alcoholic

If you are the wife, husband, or close friend of an alcoholic, most likely you have seen him at his worst scores of times. In your way you have tried to help him. But have your methods really helped him?

For many centuries the alcoholic was looked upon and considered as an outcast, bum, skid-row derelict, immoral and unworthy to live as a free man in society. But today's attitude toward this public health problem has changed drastically. The alcoholic is being considered as a victim caught in the currents of external pressures and internal stresses and strains to which he attempts to adjust by the use of alcoholic beverages. His excessive drinking is a symptom of his underlying disease.

The alcoholic can be helped. He is worthy of help. You can be the most important person in helping him recover. But you must know what to do and how to help him.

For you.. community leaders

Alcoholism as one of our nation's major public health problems is also a very great community problem. Victims of alcohol come from all walks of life, and none of them prefer being dependent upon alcohol. All of them can be stimulated to recognize their condition as a disease; motivated to take the initiative in planning to get well; and helped in carrying those plans out in such ways as to return to normal living without alcohol.

The problems of alcoholism can best be controlled by community understanding. The nature of alcoholism and the stresses and strains under which the alcoholic lives, from day to day, should be understood and passed on to others through group discussions, club meetings, religious services, etc. By aiding such a program you will do a great service to the alcoholic and your community.

.. at the Counseling Centers

You (individuals with drinking problems) will meet people who understand the nature of alcoholism and have had many experiences in helping alcoholics recover. They respect each alcoholic as an individual with different problems. They know that a plan which may help Tom and Dick, may not be suitable for Harry. Therefore, the well trained staff will, with your help, carefully analyze your problem and plan a program that will help you recover from alcoholism.

You (wives, husbands, parents, and friends) will meet a staff that recognizes the magnitude of your problem...living with an alcoholic. Their experiences and training will be valuable in pointing out to you, not the areas in which you failed, but the ways in which you may succeed in helping.

The staff recognizes that the control of alcoholism requires "Community Action." They know of the resources and facilities to which

you may be referred for information and help
in combatting alcoholism in your community.

COUNSELING CENTERS

HARRISBURG COUNSELING CENTER FOR ALCOHOLISM
701 North 6th St., Harrisburg, Pa.
Telephone: Cedar 2-9002
Open daily 8:30 - 5:00 and Thursday 6:00 - 9:00

PHILADELPHIA COUNSELING CENTER FOR ALCOHOLISM
SANATORIUM NO. 4
Girard and Corinthian Avenues
Philadelphia 30, Pa.
Telephone: STEvenson 2-1144
Open daily 8:30 - 5:00

SCRANTON COUNSELING CENTER FOR ALCOHOLISM
SCRANTON STATE HOSPITAL, Scranton, Pa.
Telephone: DIamond 2-2162
Open daily 8:30 - 5:00 and Wednesday 7:00 - 9:00

ERIE COUNSELING CENTER FOR ALCOHOLISM
HAMOT HOSPITAL, Erie, Pa.
Telephone: 2-6991, Ext. 380

ALLENTOWN COUNSELING CENTER FOR ALCOHOLISM*
ALLENTOWN HOSPITAL, Allentown, Pa.
17th and Chew Sts.
Telephone: HEmlock 3-7712
Open daily 9:30 - 5:00 and Wednesday 6:00 - 9:00

ALCOHOLIC INFORMATION CENTER AND CLINIC*
200 Ross Street at Third Avenue
Pittsburgh 19, Pa.
Telephone: COurt 1-6010
Open daily 10:00 - 5:00

* Operated jointly with the state.

COMMONWEALTH OF PENNSYLVANIA

DEPARTMENT OF HEALTH

Bureau of Chronic Diseases

Division of Alcoholic Studies and Rehabilitation

Harrisburg, Pennsylvania